



Vegetable of the Week: Squash

Healthy Recipe Idea: Roasted Squash with Potatoes and Garlic

Ingredients:

- 1 unpeeled acorn squash
- 4 medium (about 2 pounds) butter potatoes, unpeeled
- 4 cloves garlic, peeled and crushed
- 3 tablespoons olive oil
- Salt and pepper to taste
- 1 large sprig rosemary (optional)



Directions:

Preheat oven to 425°. Wash, peel, halve and seed the acorn squash. Cut the squash into 12 equal pieces. Wash and quarter the potatoes. Combine squash, potatoes and garlic in a 9x13-inch shallow baking pan. Drizzle with oil. Salt and pepper to taste. Top with rosemary sprig (optional). Bake 45-50 minutes, turning once after vegetables are browned on one side.

How do I prepare my squash ?

Choose a firm squash with no cracks or soft spots and a dull deep green skin with an orange blush. Store whole in a cool, dry place, but not in the refrigerator. Use a heavy, sharp knife to cut the squash in half. Use a large spoon to scoop out the seeds. Cut into smaller pieces using the large knife. Use a smaller knife to carefully peel the squash pieces. Or, cook squash unpeeled and either peel before serving or serve in the skin and scoop squash out of the peel at the table with spoons.